

Turkey or Chicken Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground turkey (no more than 13% fat) OR	2 lb 6 oz		4 lb 11 oz		1. Cook the ground turkey and diced chicken over medium heat until no longer pink, about 10 to 15 minutes. Stir occasionally. Drain.
Raw diced chicken	2 lb 6 oz		4 lb 11 oz		
*Onions, chopped OR		1/4 cup 3 Tbsp	5 oz	3/4 cup 2 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Simmer, covered, for 30 minutes.
Dehydrated onions		2 Tbsp 1 tsp		1/4 cup 2 tsp	
Garlic powder		1 1/2 tsp		1 Tbsp	
White pepper		1/2 tsp		1 tsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	3 cups	
Water		3 cups		1 qt 2 cups	
Seasonings: Chili powder		2 Tbsp		1/4 cup	
Ground cumin		2 Tbsp		1/4 cup	
Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	
Coriander (optional)		1 1/2 tsp		1 Tbsp	
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/4 cups	3 lb 3 oz	3 qt 2 1/2 cups	3. Stir shredded cheese into turkey or chicken mixture.
Flour tortillas (at least 0.9 oz each)		25 (7" to 8" each)		50 (7" to 8" each)	4. Steam tortillas for 3 minutes or until warm.
					5. Portion turkey or chicken mixture with No. 12 scoop (1/3 cup) onto each tortilla. Fold tortilla around meat "envelope style."
					6. Place folded burrito, seam side down, on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan.
					7. To Bake: Conventional Oven: 375 degrees F, 15 minutes Convection Oven: 325 degrees F, 15 minutes CCP Heat to 165 degrees F or higher for at least 15 seconds.

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Cheddar cheese, shredded (optional)	7 oz	1 3/4 cups 2 Tbsp	13 oz	3 3/4 cups	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.
					CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked poultry, 1/4 cup of vegetable, and the equivalent of 1 slice of bread	25 Servings: 25 burritos (3/4 sheet pan) 50 Servings: 50 burritos (1 1/2 sheet pans)	25 Servings: 50 Servings:

Nutrients Per Serving

Calories	331	Saturated Fat	7.5 g	Iron	2.8 mg
Protein	19 g	Cholesterol	59 mg	Calcium	278 mg
Carbohydrate	27 g	Vitamin A	157 RE/994 IU	Sodium	558 mg
Total Fat	16.4 g	Vitamin C	7 mg	Dietary Fiber	2 g